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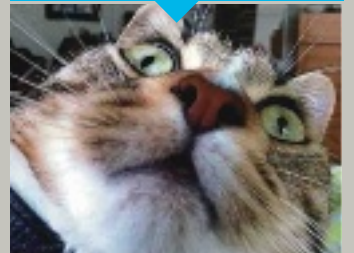
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WE'LL TAKE 5,000
**Government issues call for massive order of
Canada 150 flags** metroNEWS

SCREENSHOT

Ski hill hit with \$25M suit

metr **EXCLUSIVE**

Arnprior family suing after tubing accident left mother paralyzed



**Haley
Ritchie**
Metro | Ottawa

An Arnprior family is suing Calabogie Peaks Resort for over \$25-million, claiming unsafe conditions on a tubing hill resulted in a life-changing accident that left a mother of three paralyzed.

Kessie Hamilton, 46, and her three children — ages 10, 8 and 5 at the time — visited the snow tubing hill on March 14, 2014, according to court documents filed last March.

For a little over an hour they went up and down the hill, sliding down the icy tracks on rubber tubes.

During another lap of the hill around 7 p.m., Hamilton was riding with her 5-year-old daughter, when according to the claim, the tube unexpectedly slid sideways and Hamilton collided with a steel pole.

She was transported to Renfrew

Hospital and then to the Ottawa Civic Hospital's ICU, where she remained six weeks with catastrophic injuries — including a brain injury that kept her in a rehab facility for a year.

The documents say Hamilton is now paralyzed on the left side of her body and needs a wheelchair for mobility. She also suffers from fatigue, chronic pain, speech impairment, difficulty speaking loudly and impulsivity that requires attendant care.

According to her claim, Hamilton, who was a production management support person at GE Hitachi, can no longer work.

The family is claiming \$25.75-million in damages, including Hamilton's cost of care, lost income and the family's pain and suffering.

The resort denies any responsibility for Hamilton's injuries and says the park was reasonably safe. The statement of defence also notes that a waiver is printed on the back of every lift ticket and posted around the park.

Calabogie Peaks also suggests that Hamilton didn't follow park instructions, wasn't wearing a helmet and went tubing fully aware that there was a risk involved.

Statements of claim and defence include allegations not proven in court. A trial date has been set for Jan. 7, 2019.

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COURT

My ankle scars 'still burn': Tortured boy

A boy who was severely abused at the hands of his father, a now-suspended RCMP counter-terrorism officer, has told a court he still needs help getting over the torture he endured and expects to live with the physical and emotional scars for the rest of his life.

The teen, who cannot be identified under a publication ban, spoke Tuesday in a recorded statement played as his stepmother faced a sentencing hearing for her role in his abuse.

Now 14 years old, the boy said the marks on his body are a constant reminder of what happened.

"I wish they weren't there," the boy said of the scars around his ankles that still burn whenever he takes a shower.

In a victim impact statement recorded Dec. 16, the boy described how he struggles with anger issues and feels withdrawn when people ask him about his scars.

"Sometimes I just cry randomly," he said, particularly when he is in school.

A judge last month found the father guilty of torturing and starving the boy by chaining him in the basement of the family home. He faces a sentencing hearing in March.

The boy's stepmother was found guilty of assault with a weapon and failing to provide the necessities of life and Justice Robert Maranger

is to hand down her sentence on Jan. 20.

At trial, the court heard how, over a period of at least six months, the adolescent was abused, confined, burned, beaten, assaulted and starved in the cellar, while his father, stepmother and two younger stepbrothers lived a seemingly normal life above him.

But the "nightmare" actually began in November 2009 when the boy's biological mother died, his maternal aunt told the court Tuesday, describing how the father almost immediately denied his late wife's family access to his son.

“

Sometimes I just cry randomly.

Victim's statement

The abuse ended when the boy escaped from the basement in February 2013 and was found shivering and looking for

water in a neighbour's yard.

The Crown has asked that the stepmother receive a "fit and just" sentence of five years in prison.

But the woman's lawyer argued for a sentence of one year and nine months, with credit given for time already served, plus 12 month's probation, calling her client a "passive offender."

Speaking on her own behalf, the stepmother apologized to the boy she had adopted as her own at an early age.

"I failed him in every possible way. I hope one day he will find it in his heart to forgive me." THE CANADIAN PRESS



Prime Minister Justin Trudeau's comments on whether Ottawa should be a bilingual city have disappointed francophones.

SEAN KILPATRICK/THE CANADIAN PRESS

Trudeau's faux-pas riles francophones

GATINEAU

PM utters 'cheeky' gaffe about making city bilingual



Dylan C. Robertson
For Metro | Ottawa

Prime Minister Justin Trudeau has riled French speakers on both sides of the Ottawa River, by suggesting the national capital

should only become bilingual if Gatineau does as well.

Radio-Canada asked Trudeau last week if Ottawa should become bilingual. "Would the city of Gatineau be open to becoming a bilingual city?" Trudeau responded, adding he views the area as a national-capital region, and not just the national capital.

His gaffe sparked malaise from city councillors and language advocates.

Afterwards, Trudeau claimed he knew his comments would cause a stir. "I was being cheeky, I admit it," he said, adding that

Ottawa would have to decide whether to be bilingual.

But Mike Duggan, the self-described "token Anglophone" of Gatineau's 18 councillors, says Trudeau's comments play into perceptions of the city as a desolate afterthought.

"We're very sensitive in Gatineau about not being seen as the dark side of the river," he said. "It just kind of feeds into what we've been struggling against all these years."

Born to an English-speaking Ontario family, Duggan's parents registered him in French schools

because they supported former Prime Minister Pierre Trudeau's push for bilingualism.

"It'd be nice if he either helped or kept his mouth shut," Duggan said.

For Duggan, Trudeau's faux-pas gives Quebec politicians carte blanche to cut back on English services, instead of convincing them "that French is so strong and stable here, that we can allow some bilingualism."

Mayor Jim Watson has spoken out against the idea on several occasions.

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CANADA 150 EVENTS

Government flagging down vendor for thousands of flags

Next year the country will be waving flags of red and white — and purple and teal.

The government is flagging down a vendor to supply Canadian Heritage with an estimated 7,500 flags emblazoned with the Canada 150 logo in various festive colours.

The manufactured flags will be given to parliamentarians, the lieutenant governor, the Governor General and partners promoting local and national events.

The government is requesting the flags be available in exactly four colours — red, dark purple, light purple and teal — with the stylized maple leaf logo and words (Arial or Helvetica only) in white.

The department requires an estimated 1,500 outdoor flags with rope and toggles, measuring 91 centimetres by 182 centimetres and another 3,500 flags of the same size intended for indoor use, with an open sleeve and leather tabs.

A smaller number of much larger outdoor flags, estimated around 30, are required measuring 135 centimetres by 274 centimetres. An additional 2530 flags are listed as being requested in the “extension period.” The tender notes that the quantities are for “evaluation purposes only” and don’t guarantee how many flags will be needed by the various government departments over the course of the year.

HALEY RITCHIE/METRO

HOMICIDES

Police chief insists city is safe



Dylan C. Robertson
For Metro | Ottawa

Ottawa police Chief Charles Bordeleau insists the city is safe, despite a homicide rate that has tripled since last year.

“We’re concerned with the rapid escalation of violence that we’ve seen on our streets,” he told reporters following the police commission meeting.

Ottawa has seen 24 homicides this year, compared with seven last year. But Bordeleau stressed that half of this year’s homicides have been gang-related, and most were targeted.

“A number of homicides are either family-related, mental health issues or strictly crime-oriented,” he said. “We’re always concerned with a stray bullet or somebody getting hit.”

Last week, Ottawa police announced a task force on gang-

related murders, pulling investigators from its guns-and-gangs and street crime units to work with the homicide unit.

Ottawa will get 75 new officers by 2018, but Bordeleau says they won’t all be on the streets to prevent homicides.

“These are incidents that took place in homes, behind closed doors,” he said Monday. “Having a patrol officer in the vicinity would not have had an impact.”

Licence rejected over Cree name

ROCKLAND, ONT.

Stressful time for Kristen Standing on the Road



Haley Ritchie
Metro | Ottawa

A Cree business woman from just outside Ottawa is hoping to spread awareness after her business licence was rejected because of confusion over her indigenous last name.

“Usually you just fill out the form, it gets approved, and you can print off your master business licence,” explained Kristen Standing on the Road.

Standing on the Road, which is her legal last name, operates a bath bomb company out of Rockland, Ont., just east of Ottawa.

She registered on a Sunday and received a rejection letter back the following Friday — not with any of the standard form checked off, but a handwritten note that said “Please clarify your last name. ‘Standing on the Road’ was shown on your last name on your application.”

She had to explain over the course of a month and multiple phone calls that Standing on the Road is her real last name — the same name that appears on her credit card and insurance papers.



Kristen Standing on the Road has a business selling bath bombs, but had difficulty registering the company. CONTRIBUTED

The name is an English translation from the Cree phrase “Meskanahk Ka-Nipawit.”

“For almost a month I was given the runaround,” said Standing on the Road.

“It was a stressful and upsetting thing — that was the only thing wrong with my application — someone along the way just wouldn’t believe that it was my last name,” she said.

Standing on the Road said it’s not the first time she’s received a negative reaction.

She doesn’t mind when new

acquaintances are surprised or ask questions — but she does want respect from service providers.

The application with Service Ontario was eventually resolved, but she wants to spread awareness to encourage indigenous business owners and prevent future complications.

She said she’s received a lot of support since going public with her difficulties, including from customers and fellow business owners from across Canada and the United States.

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SATURNA ISLAND

Crew stranded off B.C. coast receives some Christmas cheer



Crew members from the Philippines talk as volunteers deliver food, supplies and gifts to the stranded crew of the Hanjin Scarlet container ship on Tuesday. THE CANADIAN PRESS

The stranded crew of an empty container ship tied up in an international bankruptcy issue received a shipment of donated holiday cheer Tuesday, including a Christmas tree, a 20-kilogram pig and 90 kilograms of barbecue coals.

Several maritime labour groups and members of Victoria's Filipino community gathered up more than a tonne of Christmas provisions for the 16-member crew of the 255-metre Hanjin Scarlet,

anchored off Saturna Island, about 70 kilometres northeast of Victoria.

"It's lonely," said sailor Romeo Cabacang from the Philippines. "But all the crew, we are very happy for the early Christmas gift. We are very happy."

Cabacang, 40, who is married with two children in Manila, said he's been on board the ship for 10 months, but doesn't know when that will change.

The South Korean and Filipino crew members have been

technically homeless at sea since August, anchoring for months at a time outside Prince Rupert, Vancouver and the Southern Gulf Islands. They are being paid, but say they can't afford to leave the ship and their jobs.

The ship's captain, Jaewon Lee from South Korea, said his crew is in good shape and is patiently awaiting the bankruptcy issues to be resolved.

He said the crew is not going to shore because they need their rest and want to save money.

"Everybody well. Nothing problem," Lee said in broken English. He added the ship has a solid Internet connection, which allows his crew to stay in touch with their families.

Lee said he expects the crew to roast the pig on Christmas Eve.

The crew cheerfully helped unload the donated goods onto wood pallets which were then hoisted on deck with cargo nets and a crane.

THE CANADIAN PRESS

Extra gains, extra pains for musicians

RESEARCH

Holiday concerts can cause repetitive strain injuries



Kevin Maimann
Metro | Edmonton

Many classical musicians get the same things for Christmas: A lot of extra work and a lot of extra injuries.

Indeed, one occupational therapist at the University of Alberta, who also plays the oboe, is using her experience with musical-induced injuries as inspiration for new research into the strange spike in injuries that musicians face each year at Christmas.

Christine Guptill said the holiday season puts extra strain on the musically inclined — especially classical musicians in high demand for Christmas themed concerts — and this often leads to injuries.

"Just imagine you were working out. You have your regular workout routine and then all of a sudden someone tells you (that) you should be working out an extra 40 hours a week," said Guptill.

Guptill said musicians in general face more work-related injuries than people in most other occupations, and those injuries peak this time of year.

Most, like tendinitis and nerve compression, are related to repetitive strain. Some, like focal dystonia, are almost unique to musicians.

"A lot of musicians get heavily into what they're doing and they're not necessarily athletic types, and so they didn't necessarily get the background they should have in how you can pro-



Dr. Christine Guptill, who plays the oboe, is urging musicians not to overwork themselves this year.

KEVIN MAIMANN/METRO

tect yourself from these things," said Guptill, who has suffered several injuries as an oboist.

A recent Australian study showed 84 per cent of musicians had physical problems related to playing their instrument at some point in their career.

Popular shows like Nutcracker will run multiple times in a weekend over the holidays, and while the dancers will often take shifts, musicians will not.

With a tendency toward freelancing in the music world, most take on extra work whenever they can get it.

Guptill said it's important to have good posture when practising, not to spend too long hammering over the same difficult passage, and to take frequent breaks.

"About every half hour, people should be taking a five-minute break. If you're injured it should be more frequent," she said.

Guptill added that exercise outside of music is important as well — so if musicians can eke out any spare time they should consider spending it on yoga, jogging or swimming.



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'Public pressure works'

HUMAN RIGHTS

Beauty queen puts spotlight on alleged organ trade in China

Anastasia Lin says when she first learned about allegations the Chinese government was harvesting organs from religious prisoners to fuel its transplant industry, she decided to use an unconventional platform to raise awareness.

Lin spoke out about the alleged plight of Falun Gong practitioners in China while taking part in the 2015 Miss World Canada beauty pageant, which she won. Since then, she has become an outspoken critic of the Chinese government.

"To not do anything is just so wrong," said Lin, 26, who is based in Toronto but spent her teenage years in Vancouver after emigrating from China with her mother.

"Public pressure works. We have way more leverage than we think we do," she said. "We might think that China is this big, tough bully that just doesn't



Anastasia Lin, Miss World Canada winner, is speaking out about human rights abuses in China. TORSTAR NEWS SERVICE

listen to anyone. But that's not true."

Falun Gong is a spiritual practice that emerged in China in the early 1990s, but by the end of the decade it had prompted a crackdown by the Chinese Communist Party. Falun Gong spokesman Joel Chipkar alleges the persecution was prompted by the organization's unwillingness to cede control to the Chinese government.

Reports from human rights organizations such as Amnesty

International have emerged of thousands of imprisoned Falun Gong followers being executed for their body organs.

Multiple requests for comment to the Chinese Embassy in Ottawa and the Chinese Consulate in Vancouver went unanswered.

Lin said she was originally inspired to take a stand on the issue by the advocacy work of former Miss World Canada Nazanin Afshin-Jam, who is married to former federal attorney

general Peter MacKay.

In 2015, Lin was declared persona non grata by the Chinese government and barred from entering China when she tried to travel there to represent Canada in that year's Miss World pageant.

Miss World 2016 took place in Washington, D.C., and this year Lin was able to take part.

"My one goal was not the tiara," Lin said. "I just wanted to be on Chinese television. ... If they can see me on stage they will know (I have not given up), so neither should they."

She also wanted to be seen by her father, who she said has been barred from leaving China because of her activism.

Miss World 2016 wrapped up last weekend, with the contestant from Puerto Rico taking the crown.

Chipkar, a Toronto-based spokesman for Falun Gong, applauded Lin for helping shed light on the organ-harvesting allegations.

"Any awareness to these crimes is like a light bulb that comes on in a dark room," Chipkar said. "As soon as the light comes on, the darkness disappears." THE CANADIAN PRESS

MEXICO

26 dead, scores injured in blast at fireworks market

An explosion ripped through Mexico's best-known fireworks market on the northern outskirts of the capital Tuesday, killing at least nine people, injuring scores more and sending a huge plume of charcoal-grey smoke billowing into the sky.

Mexican Federal Police announced via its official Twitter account what it called the preliminary toll from the afternoon blast at the open-air San Pabloito Market in Tultepec.

"My condolences to the families of those who lost their lives in this accident and my wishes for a quick recovery for the injured," said President Enrique Peña Nieto via Twitter.

Sirens wailed and a heavy scent of gunpowder lingered in the air after the afternoon blast at the market, where most of the fireworks stalls were completely levelled. The smoking, burned out shells of vehicles ringed the perimeter, and first responders and local residents wearing blue masks over their mouths combed through the rubble and ash.

The Mexican Red Cross said it sent 10 ambulances with 50 paramedics to the scene.

National Civil Protection Coordinator Luis Felipe Puente told Milenio television that some nearby homes were also damaged. THE ASSOCIATED PRESS



Smoke billows from an explosion at a fireworks market in Mexico. TWITTER

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TERRORISM

Daesh claims responsibility for Berlin attack



A memorial near the Christmas market that a truck ploughed through on Monday in Berlin. AFP/GETTY IMAGES

Daesh claimed responsibility Tuesday for a truck attack on a crowded Berlin Christmas market that German authorities said came right out of the extremist group's playbook, inflicting mass casualties on a soft target fraught with symbolic meaning.

The Monday night attack on the popular market by the Kaiser Wilhelm Memorial Church in the heart of former West Berlin left 12 dead and 48 injured, the first mass casualty attack by Islamic extremists carried out on

German soil. German security forces were still hunting for the perpetrator after releasing a man from custody for lack of evidence.

The claim of responsibility carried on Daesh's Amaq news agency described the man seen fleeing from the truck as "a soldier" of Daesh who "carried out the attack in response to calls for targeting citizens of the Crusader coalition."

Germany is not involved in anti-Daesh combat operations, but has Tornados jets and a refuel-

ling plane stationed in Turkey in support of the coalition fighting militants in Syria.

The claim of responsibility came not long after German prosecutors said they had released a man picked up near the scene of the attack, initially suspected of driving the truck.

The man, a Pakistani citizen who came to Germany last year, was taken into custody based on a description from witnesses of a suspect who jumped out of the truck and fled. THE ASSOCIATED PRESS



Members of the Turkish forces honour guard carry the coffin of Russian Ambassador to Turkey, Andrei Karlov, who was assassinated Monday. EMRAH GUREL/THE ASSOCIATED PRESS

Nations may grow closer

ASSASSINATION

Russia, Turkey could see age of co-operation

The assassination of Russia's ambassador to Turkey could actually bring the two regional powers closer together, with Russia reaping political benefits by arguing that it has paid a high price for fighting terrorism as Turkey, embarrassed by its security breaches, increasingly co-ordinates with Russia in neighbouring Syria.

The two nations were already trying to resolve their differences over the war in Syria since Turkey shot down a Russian military jet along the Syrian border last year.

The measured reactions of their leaders to the killing Monday night of Ambassador Andrei Karlov by a Turkish policeman

in Ankara shows they want to stay on the path toward reconciliation.

The prospect of closer ties between Russian President Vladimir Putin and Turkish President Recep Tayyip Erdogan could have implications for the West, which has had contentious relations with both leaders and is also trying to engineer a solution to the Syrian war and the millions of refugees it has created.

While both Russia and Turkey are involved in Syria, Russia is the senior partner in any deal-making in a conflict that has sent several million refugees across the border into Turkey, straining its resources and economy.

Analyst Dimitar Bechev said Russia could now have additional leverage and extract concessions from Turkey, including on Syrian issues, following the ambassador's death. THE ASSOCIATED PRESS

Photographers deserve recognition



Eduardo Lima
Metro | Toronto

There's a lot I'll never know about the photographers who captured the assassination of Russian Ambassador Andrei Karlov.

I don't know how brave they are, and I can't imagine what went through their minds as Mevlut Mert Altintas opened fire at a run-of-the-mill press event.

What I do know is this: Bravery is not the only factor involved in being able to take pictures in an unexpected situation. It's also professionalism.

The settings on their cameras were perfect. The framing is almost cinematic. And they didn't flinch even once. Standing less than five metres away from a man who could have taken their lives, Burhan Ozbilici and Yavuz Altan held their ground and did their jobs.

As photographers, we love taking pictures and as photo-

journalists, we relish the opportunity to record history. There's an invisible switch that photographers flip once a camera is in our hands. It makes us aware of everything around us and it makes them eager to climb trees, jump fences, lay flat on our stomachs, just for the sake of a picture.

Ozbilici and Altan will both be likely candidates to win a prize from the World Press Photo Foundation next year. But, beyond that, they drew attention this week to the thousands of photographers who've dedicated their lives to making the pictures that make history.

Bravery aside, their excellence deserves our recognition.

Eduardo Lima is Metro Toronto's chief photographer. He has worked on projects in Southeast Asia, Africa and the Middle East and won multiple awards for his work.

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JESSICA ALLEN ON SILVER-SCREEN ESCAPISM



I know a thing or two about nostalgia and I am sensitive to others using my weakness to emotionally manipulate me.

My Christmas tree lights conked out the other night. They were a multi-coloured set that cast a soft, foggy glow, like the tree lights from my childhood, probably because they are literally the tree lights from my childhood. I can't bring myself to replace them with those new, garishly bright (and safer) LED lights. So the tree sits in darkness.

This all goes to say that I know a thing or two about nostalgia. Yes, I take it too seriously, which is why I am sensitive to others using my weakness to emotionally manipulate me. For example: Stranger Things, the thrilling sci-fi Netflix series set in the '80s that provided a quick fix of that decade's greatest cultural hits. But when the buzz wore off, it felt a little superficial — like high-end audio equipment that's deliberately designed to look like a radio from the '20s. That's nostalgia in a nutshell: It makes you melancholy for a time you'll never get back, or even for a time you didn't exist in.

And now there's La La Land,

which opens on Christmas Day, to contend with. Even if you don't follow award blogs, you know that the film, written and directed by Damien Chazelle, is —alongside Moonlight and Manchester By the Sea — an Oscar contender for best picture. But when the masses tell me I'm going to love something, my knee-jerk reaction is to hate it.

I stewed in my seat thinking about all the ways this movie would cheapen my love for the classic films I knew it would reference. Like Bringing Up Baby and Casablanca, which were both shot on the Warner Bros. lot where Mia (Emma Stone), an aspiring actress, works as a barista. Ryan Gosling plays Sebastian, a struggling musician who dreams of preserving the great American art of jazz. He introduces Mia, who equates jazz to Kenny G, to the artistry of Kenny Clark, among others.

I willed myself to hate La La Land for approximately 30 seconds, when I looked down and saw my feet tapping to the music. And although I was dis-

tracted by the over-produced dubbing during the big group musical numbers, not to mention Gosling having at least one hand in his pocket at all times, I liked it. It was magical, like everyone said it would be, and the unexpected ending is seeped in ennui, just like my Christmas tree lights.

And here's the thing: I did feel manipulated, but somehow, with the cinema lights low, I didn't mind La La Land taking the lead in transporting me far away from the cynicism of 2016.

Chazelle is not clairvoyant: He's been trying to get La La Land made for five years, so the timing of its release this year, which by most accounts has been awful, is coincidental. But it's telling he that he mined vintage Hollywood to soothe a culture desperate to escape.

The genius of Hollywood filmmakers in the '30s was that they found beautiful ways to offer escape from the reality of the Depression and the rise of fascism. Audiences were enchanted by Fred and

Ginger, and Shirley Temple, while socially realistic movies, like Charlie Chaplin's City Lights and Modern Times, made them smile despite the darkness.

For the last decade, the dominant form of escape has been the superhero-super-effects-big-budget-CGI extravaganza. They don't bear much resemblance to an angel-faced child singing about the good ship Lolly Pop, but Superman, Batman and the whole Manichean world of action comics was a response to the same social conditions that gave birth to Busby Berkeley's spinning stages.

Our world — in which a literal super villain stirs up hatred on Twitter from a fortress of solitude in Gotham City while he waits to take the highest office in the land — may be no less complicated. In fact, our purveyors of escape might have to work harder.

"During the Depression, when the spirit of the people is lower than at any other time," President Franklin Roosevelt said in 1934, "it is a splendid thing that for just 15 cents an American can go to a movie and look at the smiling face of a baby and forget his troubles."

The ticket price is higher 82 years later. But I think the sentiment is the same, especially on Christmas Day when so many go see a movie to escape everything from their credit card statements to racist Uncle Gary who's staying for the holidays.

The lights go down, and it's magic.

Trump is the future, and the future is now



Vicky Mochama
Metro

Donald Trump is already in Canada, and he can be found the heart and minds of Canadians. There's a tendency to think that Canada is safe from such phenomena. But based on the attitudes of Canadians, not only are we not free from it but also we're susceptible.

In Canada, the xenophobic and racist attitudes that propelled Trump aren't far beneath our "sunny ways" and "refugees welcome" surface.

Forum Research released a survey which found that of 1,304 Canadians, 41 per cent have an "unfavourable" feeling about one of the following groups: Muslims, First Nations, South Asians, Jews and black people. The use of the word "unfavourable" even feels like a way to shield racism, as if the KKK were merely an organ of unfavourable opinion.

Racist attitudes though aren't just hidden in seemingly innocuous phrasing, they're evident in what is perceived to be true. An exhaustive poll of global attitudes found that Canadians think that Muslims constitute 18 per cent of our population when, in fact, they're only three per cent of the country. Despite our progressive and multicultural self-image, Canadians vastly overestimate the population of Muslims. For example, Canadians think that in 2020 a full 26 per cent of the country will be Muslim when the population is expected to stay about the same as now. This notion

of a vast-yet-ultimately-mythical population is what politicians of the Trump-Farage-Leitch ilk rely on.

A CBC-Angus Reid poll found that 68 per cent of respondents felt that minorities should be doing more to fit in with mainstream society instead of keeping their own customs and values. In this, we are no better than our American neighbours. When the same questions was put to Americans, only 53 per cent felt the same way.

There is no question that racists in Canada have been emboldened by the events in the U.S. Racialized citizens across the country have been sharing their own stories of being attacked based on their (perceived) race. Last week, our colleague Irene Kuan shared how a man on the subway told her to "go back to Hong Kong." She is from Toronto.

The question is how do we prevent racial resentments from upsetting our democracy? Our institutions — schools, police, media, etc. — must acknowledge that they help perpetuate those attitudes. (Why does my industry only report the race of criminals when they are not white?)

Finally, white Canadians, including ethnic whites, need to publicly speak about their privileges and challenges. Racism thrives on asking non-whites to prove and adapt to their oppression while requiring little labour from those who most benefit.

Racism remains pervasive. These surveys are proof of our past, but the attitudes found within need not be our future.

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Mulled wine and hot chocolate: Better together or a sludgy mess?

Some things just go together: Caramel and salt, tomato and oregano, and, according to this season's latest food fad, red wine and hot chocolate. But does this best-of-both-worlds beverage deserve its social-media star status? We enter our test kitchen to find out. GENNA BUCK/METRO

Armed with half a pound of chocolate, a bottle of red wine, and three colleagues as guinea pigs, the Metro Life staff set out to mix up our own version of 2016's trendy holiday drink: red wine hot chocolate.

It's exactly what it sounds like — a combination of two beloved winter warmers which, for some reason, no one thought to put together before now. By the end of our experiment, we had a better idea of why.

First, we mulled two cups of red wine (Hardy's Shiraz Cabernet Sauvignon) with two heaping teaspoons of sugar, a few orange slices and a handful of spices — cinnamon sticks, freshly grated nutmeg, juniper, star anise and ancho chili.

In another pot, we heated a litre of two-per-cent milk to steaming and slowly stirred in 200g of chopped dark chocolate (70 per cent cocoa).



Once both were piping hot, we strained the wine into the chocolate mixture. And that's when things started to go a little sideways.

No matter how much we stirred and sieved, the chocolate never fully melted, leaving us a drink with a curdled, chalky texture and a bracing, acidic taste: not exactly luxurious.

Though, according to our section editor Emina Gamulin, "It grows on you."

We agreed the beverage would be better with a sweet milk chocolate, and a lot less of it. In a moment of inspiration, we added a healthy glug of whipping cream to one of the mugs and zapped it in the microwave. That tasted more like something we'd want to drink in front of a roaring fire.

As the instagrammers say, this treat is #sorich, but if you'd like to gild the lily, whipped cream or marshmallows would be an ultimate garnish. And it's the holidays, so why not both?



Metro Life's Emina Gamulin and Genna Buck made the drink that's been praised by food bloggers, Instagrammers — even the New York Times and Cosmo mag. METRO

INITIAL THOUGHTS

VERDICT

Vicky Mochama

Metro's daily columnist was intrigued. "Is this what the kids on Instagram are drinking?"



Not impressed. "It has a porridge-like consistency."

Luke Simcoe

Our senior reporter turned down whipped cream and marshmallows: "Nothing you put on this is going to make me like it more."



"Wine and milk, together at last? That's just not a thing people say."

May Warren

Metro's city reporter is an adventurous eater. "I'm excited," she said before our taste test.



May pulled a pained face and said, "so disappointing."

TECHNOLOGY

Paws for a selfie #WiskersOnFleek

Kris Abel
For Metro Canada



Among cats, it's curiosity that leads to the best selfies.

That's according to the makers of Candid Catmera, an iPhone and iPad app that uses virtual fish, mice, and laser pointers and others treats to entice your feline to come play in front of your mobile device.

"I like the one with the can-opener, opening up the can of food," says Jen Mete, the Halifax-based producer who worked on the app for Current Studios.

Getting a cat to stand in front of the lens is one thing, but in order to make sure the camera catches them when they're looking the right way, the app uses very sophisticated software.

"We affectionately refer to

it as feline facial recognition," explains Mete, "it automatically takes a series of photos and analyzes the characteristics of the subject and only saves the ones of your cat to the gallery."

So you can take a selfie with your cat, for example, but your cat has to always be in the shot. It's a cat-only app.

"Like if I put my face up to it, it might take a photo, but it won't save the photo because after it goes into the cat recognition filter, it'll decide that I am not a cat," explains Mete.

It's not just the need for pointed ears and whiskers, the software is built to recognize fur on faces too, but again, only feline ones.

"People ask 'Why don't we do it for dogs?' well, actually it's a little trickier because dogs all have very different characteristics," says Mete, "but whereas

GET SNAPPING

• The app costs \$2.79, available at candidcatmera.com

• \$1 of each app sold will go to the SPCA, whose cats helped test the technology

• If you download it, share your cat selfies with us at scene@metronews.ca

cats all have fairly similar characteristics, so that really helped while building up our database of traits to track."

Once the app is running on your device, the app will snap cat selfies even if you're not home and send them to your phone for approval and sharing on social media.

For every copy of the app sold,

\$1 goes to the SPCA whose cats helped test the technology.

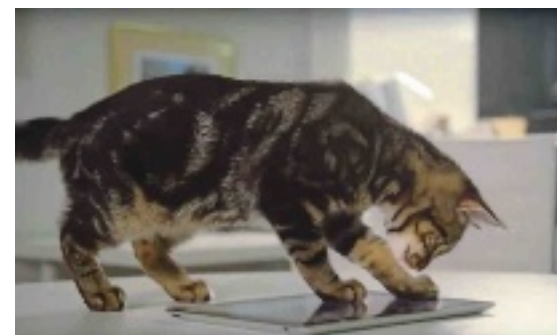
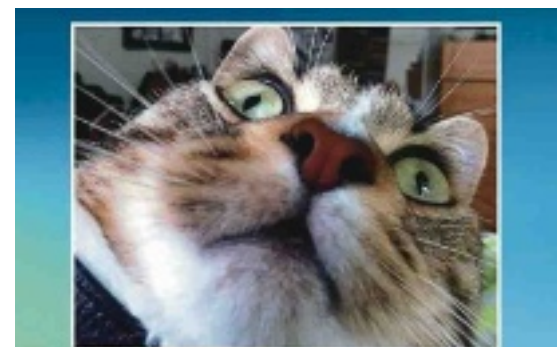
"We spent a couple of days with them, testing out the app, and what I found pretty exciting is that they actually enjoyed playing with the app," says Mete. "I'm a huge advocate for animal welfare and it hits me on both sides."

Launched in time for the holidays, the creators are looking forward to seeing what people do with it. Asked if the feline facial recognition system might have trouble with costumes Mete is confident the app will still work.

"As long as they don't cover the face, if they put a costume on their cat, a hotdog or a unicorn or something, as long as the app can still see the characteristics of their face, it should be fine."



CAT SELFIE GALLERY
AT METRONEWS.CA



Candid Catmera is an app that entices cats to play on an iPad, then takes a selfie of the pet. If the owner is not home, the app will send them a pic. CONTRIBUTED

JOHANNA SCHNELLER
WHAT I'M WATCHING

Stewart's stairway to holiday heaven

THE SHOW: It's a Wonderful Life
THE MOMENT: The staircase

George Bailey (James Stewart) has just returned from seeing how bleak a George-less existence would look. He bursts into his ramshackle house and spies his children at the top of the staircase.

"Kids!" he bellows, and though it's only one word, you would know in the dark that the voice was Jimmy Stewart's. He starts up the steps. The newel post comes off in his hand. That once frustrated him. This time he kisses it.

His long legs take three stairs at a time, so he appears to fly upward. A second later he jogs back down, covered in children, emitting a small, staccato giggle as he goes.

Look, we all know the rap on this movie, which turned 70 yesterday. It was Stewart's first picture after five years away, including 20 months on the Second World War's front lines, and (according to the new book Mission: Jimmy Stewart and the Fight for Europe) he was suffering from PTSD.

Many critics see it as a soppy panacea, a coating of treacle to disguise George's — and by ex-



George Bailey's iconic staircase embrace. CONTRIBUTED

tension, our — bitter disappointments.

Yes, but so what? I think most people end up living smaller lives than the ones they dream of. I think we get some of what we want and learn to live without the rest.

What matters to me is that every time I hear that "Kids!" followed by that giggle — and I've heard it at least 40 times — my heart thumps. It's one of the truest, truest movie moments I know.

It's a Wonderful Life airs Christmas Eve at 8 p.m. on CTV as well as other channels.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



IT'S A BOY BABY JOY FOR FIRST COUPLE OF BOLLYWOOD
Popular Bollywood couple Kareena Kapoor Khan and Saif Ali Khan say they have been blessed with a baby boy. The couple (pictured here at a wedding last year) announced the birth of their son in a Mumbai hospital in a tweet Tuesday. While Taimur Ali Khan Pataudi is the first child of 36-year-old Kareena Kapoor Khan, 46-year-old Saif Ali Khan already has a son and a daughter from a previous marriage. The couple belong to prominent Bollywood families. STRDEL/AFP/GETTY IMAGES

GOSSIP

Did Robbie just get married?

Margot Robbie has responded to wedding rumours by giving the finger on Instagram — the ring finger, that is.

The actress posted a picture of a big diamond on her extended ring finger on the photo-sharing platform Monday.

She also appeared to be wearing a white dress in the picture, which shows her kissing a bearded man.

Several British tabloids have

reported that the 26-year-old Robbie married director Tom Ackerley over the weekend in her native Australia.

Robbie's representatives didn't immediately respond to a request for comment on the reports from The Associated Press.

Former soap opera star Robbie is best known for her roles in The Wolf of Wall Street and Suicide Squad.

THE ASSOCIATED PRESS



INSTAGRAM/@MARGOTROBBIE

CELEBS ON INSTA

Schumer splurges on dad
Amy Schumer has given her father an early holiday gift by buying back the farm her family once owned.

Schumer posted a screengrab on Instagram on Monday of her delivering the news to her father. She also posted a video of herself as a child walking through a cornfield on the farm.

THE ASSOCIATED PRESS

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Fuel Economy: 12.8 L/100 km city, 9.5 L/100 km highway, 11.3 L/100 km combined
Price: Starts at \$36,590 (destination included)

LOVE IT

- Stable dynamics with weight
- Great unladen drive
- Handy features

LEAVE IT

- Lack of integrated trailer brake
- No tow/haul mode
- A little more power would be nice

REVIEW

Ridgeline's driving dynamics can't be beat

Stephen Elmer

AutoGuide.com

Towing 5,000 pounds (2,268 kilograms) isn't what it used to be. The weight of steel and wood hasn't changed but the towing capabilities and capacities of the vehicles responsible for moving them sure have.

We have half-ton trucks that can pull about 5,500 kg, heavy-duty pickups that can move almost 14,000 kg and a new crop of midsize trucks that are as capable as last decade's half-tons. For most hauling needs, today's midsize pickup is more than enough, and with Honda's redesigned 2017 Ridgeline, you get a unique proposition in the segment.

Honda rates the Ridgeline to tow 2,268 kg, falling short of the Toyota Tacoma's 3,084-kg max rating and the Chevy Colorado's max rating of 3,493 kg, though in the payload department, the Ridgeline stacks up well. It is the only midsize pickup to use a multi-link independent rear suspension, rather than a leaf spring setup.

Canadian Ridgelines get all-wheel drive as standard equipment.

Spec for spec, Honda's small pickup is about on par with the competition on most fronts, though it is the tow rating that falls short. Even if you're not pulling the limit every time you tow, having that extra capacity means that you're not stressing your truck as much when you pull.

So can the Ridgeline actually pull at its limit with confidence? We hitched up a large four-place snowmobile trailer that weighs in just shy of the Ridgeline's max capacity.

Easily the best part of the towing experience with the Ridgeline is the way the suspension soaks up all the weight with little issue. Despite the rear end squatting, the front wheels didn't feel light and the nose wasn't pointing straight up into the air. Side-to-side movement felt controlled, and even the trailer's weight couldn't push the truck around.

This translates into the cabin with nice, planted steering feel and little to no torque steer thanks in part to the all-wheel drive.

If the towing experience ended there, the Ridgeline would leave with a stellar report card. Unfortunately there are other parts of the package that are important as well, namely the brakes and the engine.

So it may not be the heavy lifter among its peers, but there is one aspect of the Ridgeline that is second to none: unladen driving dynamics. Thanks to a combination of factors including its unibody construction and independent suspension, the Ridgeline drives like a big Honda Accord on the road, offering absolutely none of the stiff, choppy ride most body-on-frame trucks have.

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HOCKEY

TENNIS

TENNIS

Buchholz, 32, is a two-time all-star but has been inconsistent through his career. He is 81-61 with a 3.96 ERA in 10 big-league seasons. THE ASSOCIATED PRESS

MAKE IT TONIGHT

Jazzed-up Tuna Melt



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada



You can prep the addictive ingredients of this jazzed-up tuna melt in the time it takes your oven to pre-heat.

Ready in 10 minutes
Prep time: 10 minutes
Serves 2

Ingredients

- 2 whole wheat pita breads
- 1 can tuna
- 1/3 cup diced Granny Smith apple
- 1/3 cup diced celery
- 1/8 cup diced cornichon or dill pickle
- 1 Tbsp mayonnaise
- Salt and pepper to taste
- 1 cup grated cheddar

Directions

1. Preheat oven to 400 degrees.

2. In a large bowl, mix together the tuna, apple celery, pickle and mayo until it is well combined. Season with salt and pepper.

3. Spread mixture across pitas. Leave a small border around edge the way you do with pizza — it makes it easier to pick up and eat.

4. Sprinkle the cheese evenly across both pitas. Place the pitas on a baking sheet.

5. Pop in the hot oven for about 10 minutes until the cheese is completely melted and the edges of the pitas are toasty brown.

6. Remove from oven and cool for a couple of minutes before cutting each pita into quarters.

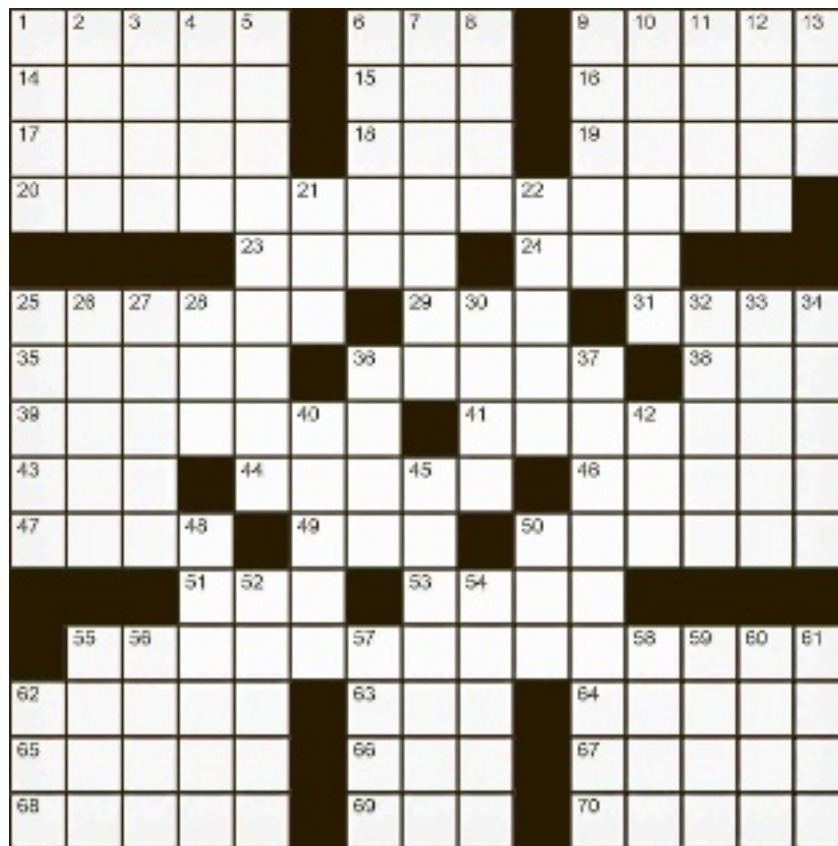
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6. Perform on Broadway
9. Wharfs
14. Keepsake of yore
15. Oslo's li'l locale
16. Remove a toque
17. Alvin __ American Dance Theater
18. Universal principle
19. Turkey treatment
20. Christmas meal condiment: 2 wds.
23. Some deer
24. Howdys
25. Does better than F
29. Christmas __
31. Christmas servings
35. Ancient seaport of Rome
36. Pew user's supports
38. Opening
39. Ghost of Christmas Past, for one
41. Vexing
43. Commandments number
44. Every 60 minutes
46. Ancient column style
47. Winter hill surface
49. __ Margret
50. Musical compositions
51. Daily time segments, briefly
53. Racing's 'Romeo'
55. Popular buys during the festive season: 3 wds.



62. Soil fertilizers
63. Globe
64. Blue __ (Canadian band)
65. Ram's sign
66. Long-shout-ed fish
67. __ days
68. Rene Descartes: "Je __, donc je suis." (I think,

- therefore I am)
69. "I __ Rock" by Simon & Garfunkel
70. Rug-making apparatuses

DOWN

1. Bram Stoker's li'l vampire
2. Prince Charles,

- for one
3. Teatro __ Scala (Milan opera house)
4. "Tres __!"
5. Visible sign from the stepping-outside-person that it's really cold out there: 2 wds.
6. Cavern
7. Become rough

8. Brad Pitt's ancient film
9. Persian Gulf emirate
10. Forward-moving surge
11. Swanky
12. "Citizen __" (1941)
13. Sault __, Marie, Ontario

21. Greek dawn goddess
22. __ hosiery
25. Stations
26. Tree beavers like
27. Shorthand, for short
28. As written
30. Wedding dress extra
32. Contests of ancient Greece
33. Ms. Van Doren
34. Eyeglasses, fun-style
36. Musicals composer Jerome
37. CSP = Canadian __ (Rescue/first aid service on Winter mountains)
40. __ turkey
42. Old French coin
45. 'Noel' as Leon ...or... 'Tinsel' as Silent
48. Narwhals and Bowheads
50. Switch selection
52. Russian, in the French language
54. Astrology sign
55. Plain
56. Ireland, to a poet
57. __ pants (Casual/fitness wear)
58. Alone
59. Produce Department selection
60. Abound
61. Some of "The Brady Bunch"
62. Blueprint

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
For the next month, the Sun is at the top of your chart, shining a flattering light on you. This makes you look great in the eyes of bosses, parents and VIPs. Yay!

Taurus April 21 - May 21
Do whatever you can to get out of town and experience a change of scenery during the next month, because you need this! You're eager for stimulation and new experiences.

Gemini May 22 - June 21
You will be intense about everything in the next four weeks. However, this is a good time to wrap up loose ends with inheritances, taxes and shared property.

Cancer June 22 - July 23
Partnerships and friendships are on your mind for the next month. Many of you will run into ex-partners at this time.

Leo July 24 - Aug. 23
Your efficiency at work might suffer now because of Mercury retrograde. Nevertheless, you will do your best to be on top of your game during the next four weeks.

Virgo Aug. 24 - Sept. 23
During the month ahead, you'll want to play! Vacations, romantic escapes, sports events, the arts and playful times with children will be tops on your list.

Libra Sept. 24 - Oct. 23
Home, family and your private life will demand your attention during the next four weeks. Many of you are in contact with relatives whom you haven't seen in a while.

Scorpio Oct. 24 - Nov. 22
The pace of your days in the month ahead will accelerate — there's no question about it. Life will be busy with short trips and errands, plus increased reading, writing and studying.

Sagittarius Nov. 23 - Dec. 21
The pace of your days will accelerate during the next four weeks, because you will be busy with short trips and many errands. Gear up for this busier schedule.

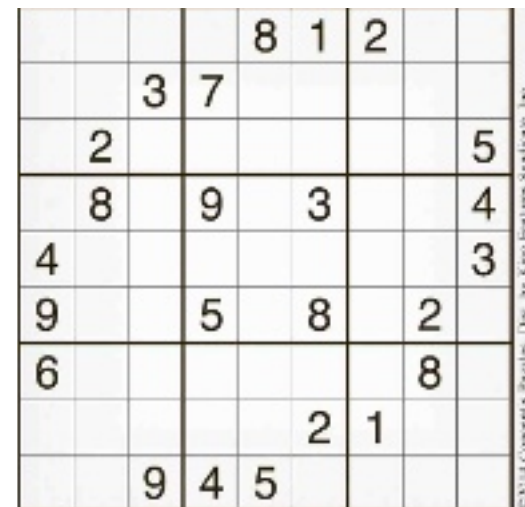
Capricorn Dec. 22 - Jan. 20
The Sun will be in your sign for the next four weeks, energizing you in a wonderful way. This will attract people to you, especially people from your past!

Aquarius Jan. 21 - Feb. 19
This is a lovely time for you to buy wardrobe items. It's also a great time to do research of any kind. Make plans behind the scenes for your coming year ahead.

Pisces Feb. 20 - March 20
Enjoy increased popularity with others in the next four weeks. People want to see you and be part of your world. (It's nice to be loved.)

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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